

*Nobscot Mountain Spring,*

# NOBSCOT MOUNTAIN SPRING



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Boston Office, . . . . 62 Congress Street.



# Mineral Analysis.



## PARTS PER 100,000.

Total Solids, . . . . .	3.74
Consisting of	
Organic and Volatile Matter, . . . . .	.67
Mineral Solids, . . . . .	3.07
Consisting of	
Silica, . . . . .	1.00
Iron Oxide and Alumina, . . . . .	.06
Carbonate of Lime, . . . . .	.99
Sulphate of Lime, . . . . .	.37
Chloride of Magnesia, . . . . .	.33
Chloride of Sodium, . . . . .	.23
Sulphate of Potash, . . . . .	.09
	<hr/> 3.07

This water is remarkably pure and soft, and constitutes a potable water of the very highest excellence.

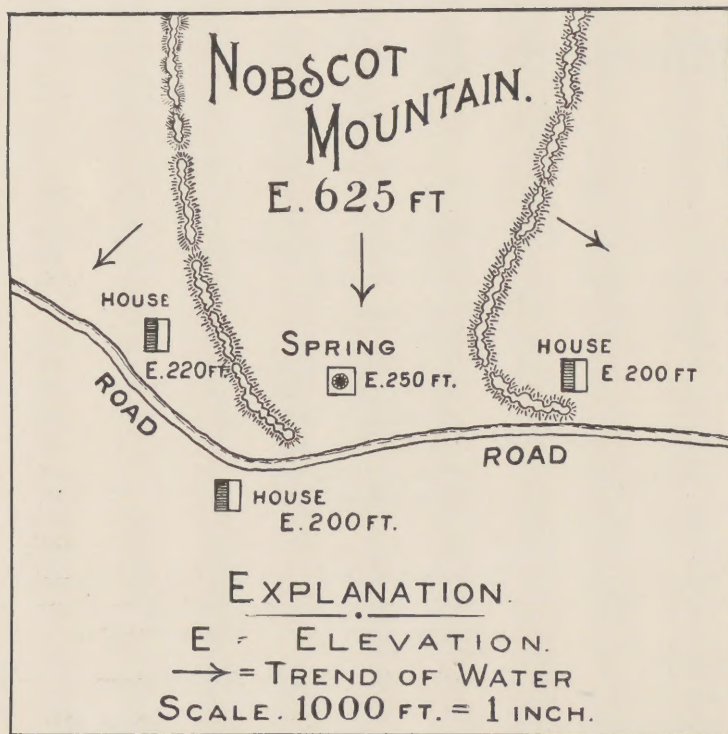
(Signed) **Stillwell & Gladding,**  
Chemists to the New York  
Produce Exchange, 1895.

## GRAINS PER U. S. GALLON.

Total Solids, . . . . .	3.21
Consisting of	
Organic and Volatile Matter, . . . . .	.64
Mineral Solids, . . . . .	2.57
Consisting of	
Silica, . . . . .	.53
Iron Oxide and Alumina, . . . . .	.02
Carbonate of Lime, . . . . .	.75
Carbonate of Magnesia, . . . . .	.23
Sodium Chloride, . . . . .	.36
Sodium Carbonate, . . . . .	.38
Sulphate of Potash, . . . . .	.30
	<hr/> 2.57

These results show this water to be one of unusual purity, and its use as a drinking water can therefore in every way be recommended.

(Signed) **Davenport & Williams,**  
Boston, 1891.



“Water-shed heavily wooded except directly above spring, where two or three acres have been cleared. No houses on water-shed.”

Massachusetts State

Board of Health.

# Sanitary Analysis.



## PARTS PER 100,000.

Residue on Evaporation, . . .	3.55
Free Ammonia, . . . . .	.0004
Albuminoid Ammonia, . . . . .	.0000
Nitrates, . . . . .	.0000
Nitrites, . . . . .	.0000
Hardness, . . . . .	1.80

Massachusetts State Board of  
Health Report, 1891.

## GRAINS PER U. S. GALLON.

Residue on Evaporation, . . . . .	2.50
Free Ammonia, . . . . .	.0000
Albuminoid, . . . . .	.0003
Nitrates, . . . . .	.0000
Nitrites, . . . . .	.0000
Hardness, . . . . .	1.32

One of the purest waters we have ever analyzed.

(Signed)

Prof. C. f. Chandler,  
Columbia School of Mines, 1895.



NOBSCOT MOUNTAIN SPRING.



HIS spring is situated at the base of Nobscot Mountain, in the northerly part of the town of Framingham, Mass. The water, coming through crevices in what appears otherwise a solid ledge of granite, is taken by gravitation fifty feet to the filling station, no reservoir nor pumping being needed.

The spring is walled in with granite and brick, and is covered by a small house, so there is no possible chance for surface water to seep in. The water for shipping is taken from the spring through a block-tin pipe from a level one and a half feet above the bottom of the spring. The overflow pipe siphons the water from the surface, and thus produces a gentle agitation, which gives the water proper aeration. The filling station is a frame house 70 x 30, and is provided with all the best arrangements for sterilizing, washing, and filling the carboys; and in these



BOTTLING NOBSCOT WATER.

processes the Nobscot water is used exclusively.

A cork is used but once. It is then thrown away. Second-hand corks are neither sightly nor sanitary.

All our packages are crated glass, and are filled and sealed at the spring. None genuine without our seal.

The temperature of the water is between forty-one and forty-two degrees, summer and winter. The flow of the spring is uniformly fifteen thousand gallons

per day. Neither spring freshets nor autumn droughts have any effect on its flow. These two facts, together with the absence of other springs on the mountain side, lead us to believe that the source of this spring is at a great depth, and that its steady outflow is caused by the uniform pressure of the long chain of hills of which Nobscot is the most easterly.

The word "Nobscot" is the Indian for "place of the falling rocks," and shows how apt they were in naming; for the whole easterly side of Nobscot is a heavily wooded glacial mountain, with here and there enormous boulders.

The above is a plain statement of facts, of the truth of which any doubter can be convinced by a short journey of twenty-odd miles, over the Massachusetts Central Railroad, to South Sudbury, whence he can visit the spring, climb to the top of Nobscot for a view second to none for quiet picturesqueness, and then down the north slope to the Wayside Inn, made famous by Longfellow's Tales.



A GLACIAL BOULDER NEAR SPRING.

# Water and its Relation to Health.



IN 1849 the Legislature of Massachusetts appropriated \$500 to be expended on the question whether any attempt at sanitation was worth while. In 1893 the Sanitary Department of the State expended \$62,876.82 in order to learn from experts exactly on what a pure water supply depends.

The greatest achievement of sanitary science has been the discovery of the danger that lurks in impure water. Some data confirming this have been furnished by James H. Fuertes in a work entitled "Water and Public Health" (1897), showing the decrease of mortality from typhoid fever when the quality of the water from public supplies was improved, also showing the mortality attending the use of different classes of waters, the lowest mortality following the use of spring waters.

The information which Mr. Fuertes has gathered relative to the water supplies of some eighty cities of the world, and the statistics compiled (covering a period of five

years), make the importance of pure water stand out in bold relief; and the figures furnish evidence that the exact science of preserving health is based upon the principle of preventing disease.

Water is not the Elixir of Life (many spring owners assume that it is), nor is it a specific for any disease; but the low-mineralized, unpolluted, natural waters have and always will represent seven-tenths of the efficacy of every factor employed in preserving health.

Water is the common carrier in the human system. It is essential to both the processes of growth and decay. It promotes the process of growth by its nutrient carrying capacity, and the process of decay by its solvent power.

Seventy per cent. of the normality of every organ is maintained by water, thirty per cent. by the nutritive substances derived from foods. The earthy salts necessary to sustain the structure of human economy will be extracted from ordinary food.

To prevent degeneration, nutrient material must be conveyed to the organs; at the same time effete matter must be carried away: for these two purposes no carrier can be substituted for water.

The LIFE of water consists of gases, oxygen, and ozone. Nature's methods of distillation envelop these gases in water. Water enters the channels of the body with a degree of alacrity in proportion to its low mineralization.

Water absorbs and imparts nutrient material in ratio to the life-promoting gases enveloped in it. The life in water will be in proportion to its freedom from organic pollution.

Water is capable of carrying a greater variety of substances than any medium known. The load water carries is small compared with its weight and bulk. In order to impart nourishment to all parts of the body, the carrier (water) must be of good quality and great quantity. The functions of water in the body are paramount to all others.

The Sanitary Department of the State of Massachusetts furnishes reliable information regarding the quality of drinking waters. Those who contract diseases now known to be conveyed to the system by waters from unprotected sources must debit their negligence with all the results following sickness, especially typhoid fever (a filth disease). The presence of typhoid fever is not in keeping with the exercise of ordinary precaution in the preservation of health.



VIEW OF NOBSCOT MOUNTAIN.

# Natural vs. Artificial (Distilled) Water.



Natural water is distilled in an atmosphere where oxygen and ozone abound.

The distiller of artificial water seeks to impart life to the product of the still by aeration with an atmosphere from which life-promoting elements have been removed.

Carl H. Schultz, of New York, the largest distiller of water in America, says: "The idea is prevalent that distillation effectually purifies water; but this is not so, as much decomposing organic matter is carried over with the steam, often imparting to the product disagreeable odor and taste. Many experiments have convinced me that, with all possible precautions, a *pure distilled water cannot be obtained by distilling impure water*, and that a thorough purification and sterilization of the water to be distilled, and the removal from it of all volatile organic impurities, are essential to success."

## FILTRATION.

The danger that lurks in water is in solution or exists in the form of microbes. Impurities in solution cannot be removed by a filter. Microbes are so small that they pass through the finest filtering material known. This is well shown by a series of experiments reported to the Rhode Island Medical Society by Dr. G. T. Swarts.

We publish no testimonials except the names of  
the following patrons.



James H. Beal, 104 Beacon Street.

R. C. Hooper, 448 Beacon Street.

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NOBSCOT  
MOUNTAIN.



SPRING  
WATER.